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A mold component; (c) positioning a fiber-based filler between the male and female mold components; (d) mixing course ceramic particles into a thermoset resin, providing a resin mixture; (e) positioning the resin mixture between the male and female mold components; (f) curing the fiber-based filler and resin mixture together by pressing the male and female mold components together for a curing time. Preferably, the step of positioning the resin mixture between the male and female mold components includes a step of coating at least a portion of the fiber-based sheeting with at least a portion of the resin mixture. It is also preferred that the method include a step of coating at least a portion of one of the male and female mold components with another portion of the resin mixture, prior to positioning the fiber-based filler between the male and female mold components. This pre-coating of the resin mixture helps to reduce the propensity for the ceramic particles to flow to the "low spots" in the helmet during the curing stage; and therefore, this pre-coating step is especially useful for resin mixtures utilizing a ceramic particle that is not as course as that provided in the preferred embodiment.

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[Replace the second full paragraph of page 7 with the following replacement paragraph:]

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A Referring back to Fig. 1, in the exemplary embodiment, the major sheeting 24 is broken up into at least two segments 24a, 24b where each segment preferably includes a brim portion and a bowl portion corresponding to the brim and bowl portions of the firefighting helmet. Again, the multiple segments 24a, 24b, of the major sheeting 24 helps to reduce the number of wrinkles and irregularities in the glass back 10 and to ease in the glass-back assembly process. Finally, a woven glass cloth 26, 30 is applied over the primary sheeting 24 with a light adhesive to act as a rebar. In the exemplary embodiment, the woven glass cloth 30 is comprised of at least two segments 30a, 30b to control wrinkles and to simplify the assembly process. When all of the components 20, 22, 24 and 30 of the glass back 10 are fastened together, the glass back 10 is removed from the shell 12 and saved for use as a fiber-based filler in the manufacturing